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# The relationship between the coping styles with stress and marital satisfaction and their comparison among female student and normal population of women in Tehran

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## Abstract

The purpose of the present research was to study: The relationship between the coping styles with stress and marital satisfaction and their comparison among female student and normal population of women in Tehran. The sample of study including 100 women (50 female student and 50 normal population of women) selected from Tehran. The instrument of the study includes questionnaires of coping styles with stress (CS-R) and marital satisfaction (ENRICH). The results of the study, using ANOVA, Schafer and chi-square showed that there is relationship between coping styles with stress and marital satisfaction and the women who have used problem-focused style, experienced more marital satisfaction. Also the same relationship was observed between coping styles with stress and marital satisfaction in none unify student, but in unify student woman this relationship was not observed. The results of the study also showed that the amount of marital satisfaction in normal population of women does not differ from that of female student, but the coping styles in these two groups are different from others.

*Key word: coping styles with stress .marital satisfaction .female student. normal population of women*

## 1.Introduction

Human being, now facing a lot of impediments and failures in compatibility with his modern world and continuing a healthy life, is born in an environment named family and continues his/her life under the intense influence of this environment. Disappointments, conflicts and mental forces deteriorating factors, in this era of machines, stress and anxiety, have paralyzed human being. The effects of modern life and the increase of demands and impossibility of appropriate satisfaction of needs have imposed much mental pressure on people. The pressures have different effects on people's lives due to differences in sensitivity, quality and quantity of mental measures at different ages, gender and efficacy of mental relations. Given their special mental structures, women are affected differently and deeply by the phenomenon.

## 2. Method

The population of this research included all the married student and non-student women in Tehran whose matrimonial life had lasted for at least one year (20-30 years old). Since none of the variables were manipulated and natural conditions were intended, the experiment was of correlation type.

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Sampling method is random sampling method and participants were selected from among Tehran residents. The participants were 100 Tehrani married women, 50 being students and 50 were not.

**Tools:** Stress Coping Questionnaire including 18 coping scales for studying stress coping strategies was used to measure coping strategy. Part of the test was designed based on two theoretical models: Lazarous Model and Self-Regulating Behavior Model of Karor & Sheer (1983) and Caror Sker. Marital Satisfaction Questionnaire was used for measuring marital satisfaction.

### 3.Results

The correlation between stress coping strategy and marital satisfaction was significantly positive. The average of marital satisfaction in women who used problem-focused coping strategy was higher than that in those who used emotion-focused coping strategy. Also, the correlation between stress coping strategy and marital satisfaction in student women was significant.

Table1:distribution of Coping style use sample of research

| <i>Groups</i>              | <i>Coping style</i>          | <i>frequency</i> | <i>present</i> |
|----------------------------|------------------------------|------------------|----------------|
| All of women               | problem-focused coping style | 80               | 80.40          |
|                            | emotion-focused coping style | 15               | 15.20          |
|                            | Non effective coping style   | 4                | 4.38           |
| Normal population of women | problem-focused coping style | 35               | 70.78          |
|                            | emotion-focused coping style | 9                | 18.68          |
|                            | Non effective coping style   | 5                | 10.52          |
| Female student             | problem-focused coping style | 43               | 86.02          |
|                            | emotion-focused coping style | 5                | 10.78          |
|                            | Non effective coping style   | 1                | 3.18           |

### 4.Discussion

In terms of the specification, it can be claimed that in both groups (student and non-student) the percentage of women who used problem-focused coping strategy was higher than the percentage of women who used emotion-focused coping strategy.

The correlation of stress coping strategy and marital satisfaction in tehrani women was analyzed using ANOVA method. The correlation between stress coping method and marital satisfaction in women was significant ( $f=4.73$ ,  $p<0.05$ ). Yashfeh Follow-up Test results showed that the average of marital satisfaction in women who used problem-focused coping strategy was significantly higher than those of the other two groups. The findings of this research conform to those of BADnman & Sina (2000), BAdenman (2000) and Pron (2001). All in all, the results of many studies have shown that the women who use problem-focused coping strategy experience more marital satisfaction. Also, student and non-student women didn't show any significant difference in terms of type of coping strategy.

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